



## Grocery List: Meal Plan for 3 Meals

Featuring Oven Roasted Chicken, Toasted Quinoa Pilaf, Toasted Quinoa Chicken Bowl, and Greek Chicken Salad with White Beans

**Note: this grocery list only contains ingredients for the recipes as they are written. You will need to add in the additional ingredients for your sides and any substitutions you may choose.**

### INGREDIENTS:

- 1 - 4 pound whole chicken
- 1 jar Dijon mustard
- 1 bottle extra virgin olive oil
- 1 bottle white wine or white wine vinegar
- 1 bag sun-dried tomatoes
- Optional: 4 cups vegetable stock
- Fresh or dry rosemary
- Fresh or dry thyme
- Black pepper
- Salt
- Dill
- Mint
- 4 lemons
- 2 large bags mixed salad greens
- 1 bulb garlic
- 2 onions
- 1 bunch radishes
- 4 cucumbers
- 1 bunch scallions
- 1 package quinoa
- 8 - 12 ounces slivered almonds
- 4 ounces feta cheese, crumbled
- 1 (14 ounce) can white cannellini beans

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